

**Calendar 2022-2023**  
**Sacrament Preparation:**  
**First Reconciliation & First Holy Communion**

**Fall 2022**

**September 11, 2022**

***Session One: God's Loving Plan for Creation***

*What Students will learn:*

- God is love and created everything that exists – the heavens and the earth – out of love.
- God created human beings in His own Image and Likeness.
- Humans have intellect, free will, and the capacity to love.

**October 2, 2022**

***Session Two: God Loves Us Even When We Sin***

*What Students will learn:*

- Sin is an offense against God, and we sin when we fail to love God, ourselves, and our neighbor.
- God shows His mercy in many ways, but most powerfully in the forgiveness of sins.
- The Act of Contrition helps us to express our sorrow to God for our sins.

**November 6, 2022**

***Session Three: The Sacrament of Penance and Reconciliation***

*What Students will learn:*

- God will always welcome us back and forgive our sins if we are truly sorry for them.
- Jesus established the Sacrament of Penance and Reconciliation so that we could receive God's forgiveness.
- There are four parts to the Sacrament of Penance and Reconciliation: contrition, confession, penance, and absolution.

**December 4, 2022**

***Session Four: How to Make a Good Confession***

*What Students will learn:*

- God always invites us to know His love and mercy and wants to forgive us for our sins.
- During His earthly life, Jesus established a practical way for us to receive God's forgiveness – the Sacrament of Penance and Reconciliation.
- An examination of conscience helps us to think how we have sinned so that we may prepare to make a good Confession.

*If you are registering a child in the Sacrament Preparation program within the S4 parish family, you are required to participate in **A Family of Faith**.*

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**Spring 2023**

**January 8, 2023**

***Session Five: Old Testament roots of the Eucharist, Part I: The Lamb of God & Part II: The Bread of Life***

*What Students will learn:*

- Jesus is the Lamb of God, who offers Himself as a sacrifice to pay the price for our sins.
- Jesus' death and resurrection are a new Passover, which brought about salvation from sin and death.
- Bread has always been an important part of the story of our salvation.
- Jesus taught us that He is the Bread of Life and then gave Himself to us in the Eucharist

**February 5, 2023**

***Session Six: The Eucharist is Jesus; Body and Blood***

*What Students will learn:*

- The miracle of the multiplication of the loaves and the fish foreshadows the institution of the Eucharist at the Last Supper.
- Jesus institutes the eucharist at the Last Supper as a memorial of His Death and Resurrection, and He commanded His Apostles to celebrate it until His return.
- At Mass, the bread and wine are changed into the Body and Blood, Soul, and Divinity of Jesus Christ in the Holy Eucharist.
- The Eucharist is a sacrifice of thanksgiving.

**March 5, 2023**

***Session Seven: The Mass is the Re-presentation of Christ's Sacrifice***

*What Students will learn:*

- The Mass is the memorial of Christ's sacrifice on the Cross and His Resurrection from the dead.
- The Mass has two parts: the Liturgy of the Word and the Liturgy of the Eucharist.

**April 2, 2023**

***Session Eight: Transubstantiation***

*What Students will learn:*

- Jesus' first miracle at the Wedding of Cana foreshadows the institution of the Eucharist at the Last Supper.
- At the Last Supper, Jesus changes bread and wine into His Body and Blood, Soul and Divinity – the Eucharist.
- Transubstantiation is the theological term used to describe the miraculous change of the gifts of bread and wine into Jesus' Body and Blood.

**May 7, 2023**

***Session Nine: How to Receive Holy Communion***

*What Students will learn:*

- Jesus Christ is present to us, Body and Blood, Soul and Divinity, in the Holy Eucharist, which we receive at Mass.
- The Eucharist unites us more closely to the Church and makes us more fully members of the one Body of Christ.

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